



# Must-haves



## WORKOUT WARDROBE

Looking hot (sexy not sweaty) is the key to exercising – and there's no excuse to feel slouchy at the gym, as a wave of chic sportswear hits town. Yogis will love **Manuka yoga clothes**, from glowgetter.co.uk, and **Bamford's cashmere tracksuits**, £1,135. They are infused with aloe vera and essential oils for softness and release vapour when your body heats up. Check out **Nike's new Spin Gym shoes**, £60.

They're designed especially for spinning classes, so are more streamlined than regular trainers to help you pedal faster. Hit the park in one of **Hari's super-comfy Off-Duty Icon tracksuits**, £233, à la Madonna and Sienna Miller.



## SPORTY PRODUCTS

Thirsty? Put down that water bottle and pick up one of **Clarins HydraQuench Multi-Climate** range, a clever new line that helps balance skin in extreme conditions. For skiers, **HydraQuench Rich Cream**, £30, with Arctic cloudberry oil, nourishes skin in cold climates and **HydraQuench Cooling Cream-Gel**, £30, has Alpine willow herb to tighten dilated pores and stop shine after a trip to the gym. **Guerlain's Super Aqua-Serum**, £57, prevents parched post-workout skin with a hydrating desert-rose flower complex from the arid areas of the Sahara.



Outdoorsy types should try **Natura Bisse Sun Defense Sport**, which protects skin from UV rays and replaces minerals and salts lost through sweat. **Chanel's Precision Firming and Revitalising Body Spray**, £42, contains Purple Bengel, a plant extract used in Indonesian medicine for energising the body and tightening skin. Svelte Parisiennes swear by **Jeanne Piaubert's Buttock Lift Care**, £68, from Liberty. Massage it into your derrière twice a day for a firmer bum – it's also said to help with cellulite.

## ACHES & PAINS

'No pain, no gain' needn't be your exercise mantra if you keep these to hand. Soothe muscles with **Naturopatch Arnica Essential Oil Patches**, £10, from victoriahealth.com, which you apply directly to the problem area for relief, or **This Works Muscle Therapy**, £16, a blend of oils that warms weary muscles. Give tired feet **Gel Doctor's Forfootsache gel insoles**, £13, which massage soles and balance weight evenly on each foot. Or try **Sixtus Foot Balm**, £18, from naturadayspa.com – it uses Alpine clover and pine needles to stimulate circulation and protect against calluses, itchy toes and athlete's foot. **Comfort Zone's Vital Leg Spray**, £26, has eucalyptus and cold-pressed mint juice for heavy legs and hazelnut-leaf extract to reduce swelling. Hit the tub with **Espa's Fitness Bath**, £17, and **Body Oil**, £23, with rosemary, clove and eucalyptus or **Heaven's After Sports Body Wash**, £16, from the Hale Clinic, which kills nasty smells with a delicious lemongrass scent.



## BUY IT

At last I've found a deodorant that ticks all the boxes. **PitRok Push-up Crystal Deodorant**, £5, from pitrok.co.uk, neither stings your armpits, gives you bumps nor leaves white marks on your clothes and it stops BO right in its tracks by preventing the bacteria that cause the unpleasant smell from multiplying.



## Celebrity tip

Following the recent birth of her third child, son Beckett Robert Lee, the multitasking designer **Stella McCartney** tells me how she plans to beat the dreaded post-baby bulge and put the fabulously fashionable new line of sportswear she has designed for Adidas to good use (I especially love the canary-yellow hoodie, top right). 'It's important to me that doing sports is enjoyable,' Stella says, 'because – let's face it – it ain't easy! I really love dance, yoga and skiing, as they're all a perfect mix of having fun while getting fit.'

